Participant Overview: Small Group Program

www.faith-identity.org/sm-gp-assessment

My Primary Trait: _____

My Secondary Trait: _____

Welcome to the Identity Program!

This guide is your companion on a transformative journey to uncover and embrace your true identity, grounded in Christ's character and teachings. Through self-reflection, prayer, and intentional exercises, you'll gain insights into your strengths, vulnerabilities, and areas for personal and spiritual growth.

Steps to Begin Your Journey

1. **Bookmark** www.faith-identity.org/sm-gp-assessment, for easy access to the program.
2. **Download and print** this My-Identity Program Overview document.
3. **Take the Identity Assessment** in **Session 1**.
4. **Record your Primary and Secondary Identity Traits** at the top of this sheet.
5. **Download your Primary and Secondary Trait Worksheets** – these will be essential for deeper reflection in future sessions.
6. **Begin your discovery journey!** Follow the sessions in order (Sessions 2-8).

Session Overview

Session 1: Understanding Your Identity

- In this first session, you'll take the Identity Assessment by clicking on the QR code or at www.faith-identity.org/sm-gp-assessment, register and gain access to your results. This will help identify your primary and secondary identity traits, which will serve as a foundation for your personal reflections throughout the program. Be sure to download both your primary and secondary trait worksheets as a guide for future sessions.

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Session 2: Character Traits Worksheet
Reflect on your personal character traits and examine how they've shaped your past decisions and experiences. This session encourages you to recognize both your strengths and challenges, helping you understand how these qualities can guide your choices moving forward.

Session 3: Spiritual Strengths Worksheet
In this session, you'll explore your spiritual strengths and reflect on how your faith and past experiences have built resilience. Through prayer, scripture, and personal reflection, you'll deepen your connection to God and recognize His role in your spiritual growth.

Session 4: Vulnerabilities Worksheet
This session invites you to turn your attention to areas of weakness and past struggles. This session creates a safe and supportive space for you to acknowledge your vulnerabilities and begin the process of healing, fostering a deeper understanding of yourself and God's grace.

Session 5: Navigating Challenges Worksheet
This session focuses on equipping you with strategies for overcoming personal obstacles. You'll explore how faith, resilience, and trust in God can empower you to navigate life's difficulties with strength and confidence.

Session 6: Learning Styles Worksheet
You'll discover how you learn best and how this knowledge can enhance your spiritual and personal growth. Understanding your unique learning style will empower you to engage more effectively in this program and other areas of your life.

Session 7: Relational Strengths Worksheet
This session encourages you to reflect on your relational strengths and how they contribute to building meaningful connections with others. Through this session, you'll gain insight into the importance of empathy, effective communication, and Christ-centered relationships.

Session 8: Conversational Strengths Worksheet
You'll examine your ability to engage in meaningful conversations and resolve conflicts effectively. This session will equip you with tools to communicate with clarity, build trust, and strengthen your relationships within your community.

Each session builds upon the last, creating a cohesive journey of self-discovery, spiritual growth, and relational development. By the end of the program, you'll have a clearer understanding of your identity in Christ, a deeper connection to your faith, and practical tools to navigate challenges and nurture relationships.

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